

# Smoke-Free Homes: Good for Business, Good for Health



# Acknowledgements

- Prepared by the Metropolitan Housing Coalition



- With support from the Louisville Legal Aid Society, the Lexington Fair Housing Council, and the Louisville Apartment Association.
- Made possible by funding from the CDC.



# What is “Smoke-Free Housing”?

- HUD considers a smoke-free dwelling or apartment to be one where:
  - smoking is not permitted in the unit and adjacent units sharing the same common air handling or HVAC system.
    - This assures that cigarette smoke will not drift from one unit to another.



# REASONS FOR GOING SMOKE-FREE



# HEALTH



# What is Secondhand Smoke?

- A mixture of gases and fine particles that includes
  - Smoke from a burning cigarette, cigar, or pipe tip
  - Smoke that has been exhaled or breathed out by the person or people smoking
- More than 7,000 chemicals, including hundreds that are toxic and about 70 that can cause cancer



# Effects of Secondhand Smoke

- Heart Disease
- Bronchitis
- Pneumonia
- Burning Eyes and Throat
- Ear Infections
- Nose Bleeds
- Increased Blood Pressure





# Effects of Secondhand Smoke

- Frequency and severity of asthma
- Headaches
- Sudden Infant Death Syndrome (SIDS)
- Low birth weight and pre-term babies
- Lung cancer
- Emphysema





# Kentucky Tobacco Facts

- We lead the nation in percentage of adults who smoke (29%)
- We have the second highest rate of pregnant women who smoke (West Virginia is the highest)
- Nearly 25% of Kentucky's middle and high school students smoke
- In Louisville, one in four adults smokes.



# Kentucky Tobacco Facts

- Nationally, almost everyone who lives with somebody who smokes indoors is exposed to secondhand smoke.
- Children and teens are more likely than adults to live in homes where someone smokes indoors.
- About 54% of children (aged 3–11 years) are exposed to secondhand smoke. Children are most heavily exposed at home.
- About 47% of youth (aged 12–19 years) are exposed to secondhand smoke.





**There is no risk-free level of contact with secondhand smoke; even brief exposure can be harmful to health.**

GETTY IMAGES

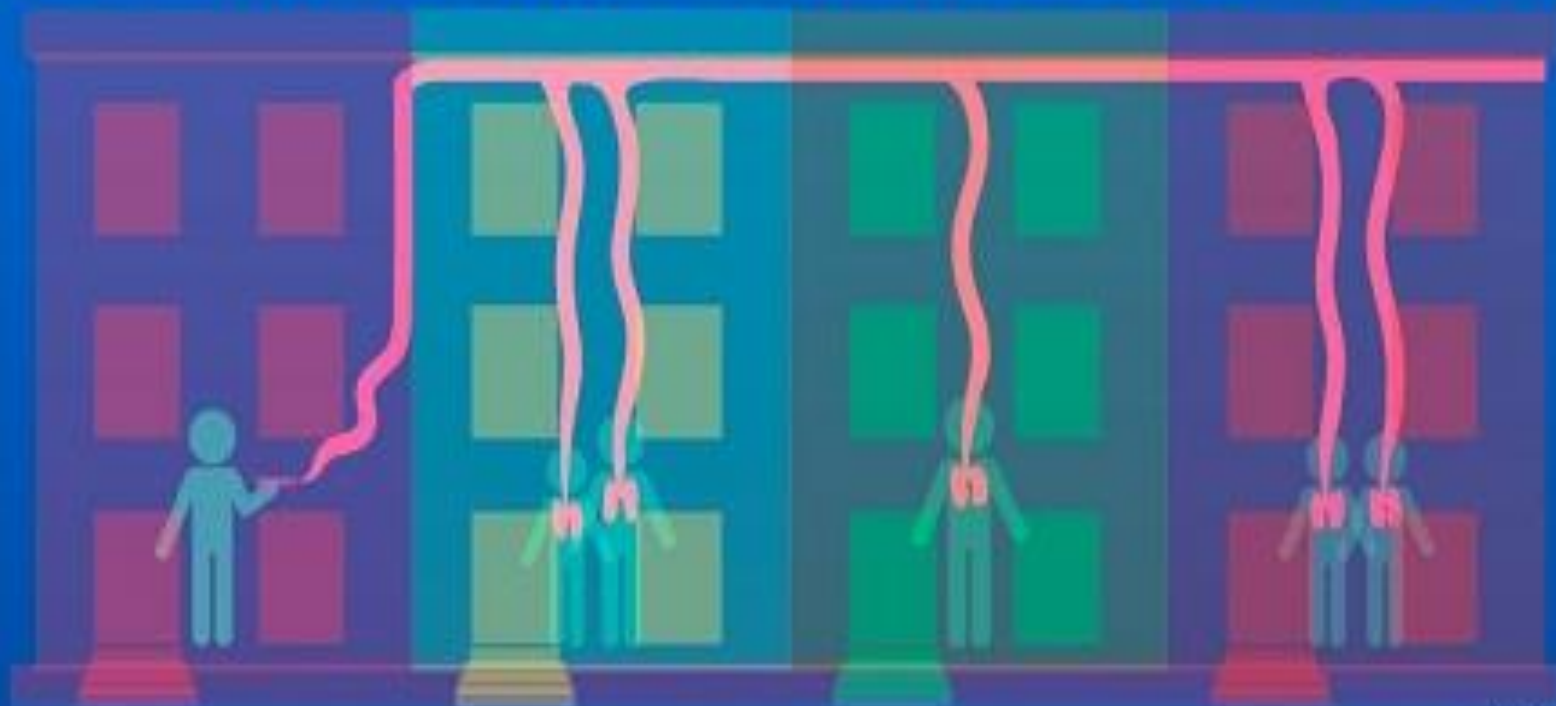


If they smoke,



then you do too.

# WALLS DON'T PROTECT YOU FROM SECONDHAND SMOKE EXPOSURE



source: [www.cdc.gov](http://www.cdc.gov)

  
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# FINANCIAL





# The Monetary Impact

Cost to Rehabilitate a Unit Where Smoking is Prohibited vs. a Unit Where Smoking is Allowed

	Non-Smoking	Light Smoking	Heavy Smoking
General Cleaning	\$240	\$500	\$720
Paint	\$170	\$225	\$480
Flooring	\$50	\$950	\$1,425
Appliances	\$60	\$75	\$490
Bathroom	\$40	\$60	\$400
<b>TOTAL</b>	<b>\$560</b>	<b>\$1,810</b>	<b>\$3,515</b>

*Data reflects surveys from housing authorities and subsidized housing facilities in New England.  
Collected and reported by Smoke-Free Housing New England, 2009.*



  
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# Thirdhand Smoke

- **Persistent smell of smoke, yellowish stains, odors that increase when heaters or A/C are turned on**
- **The residual contamination that smoke from cigarettes, cigars, and other tobacco products leaves behind**
- **The offensive smell indicates the presence of still-active tobacco toxins**



# Cost Benefits

## Smoke-free apartments:

- Require lower repair, maintenance, and turnover costs
- Are less expensive to clean
- Increase interest in your properties – people are looking for and demanding smoke-free housing

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### Property Management: The High Cost of Allowing Smoking in Apartments

by Michael Cunningham on July 13, 2012

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Look at the restoration checklist that one remediation company has compiled for cleaning an apartment that has been heavily smoked in, and an apartment manager will likely shake his or her head.

Clean or replace if needed, floors, baseboards and trim, walls, ceiling, shelving, light fixtures, outlets and switches, closet organizers and

The list goes on and apartment owners may be blinded by dollar signs.

  
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# Other Potential Benefits

- Possible discounts on fire, life, and property insurance
- Reduction in legal actions related to secondhand smoke exposure
- Possible financial incentives for development of smoke-free housing



# SAFETY



# Safety

- According to the National Fire Protection Association, fires caused by smoking materials are the second most deadly type of home-structure fire.
- Every year, almost 1,000 smokers and non-smokers are killed in home fires caused by cigarettes and other smoking materials.
- One in four people killed in home fires is not the smoker whose cigarette caused the fire:
  - More than one-third were children of the smokers
  - Twenty-five percent were neighbors or friends of the smokers



# An Idea Whose Time Has Come





## GUEST OPINION: Demand for smoke-free multi-unit housing on the rise

Photos

Zoom



By Judith Coykendall  
**Tobacco-Free Community Partnership**

Posted On



The market in Massachusetts and many other municipalities they recognize the need for properties

The trend survey conducted by prospectors or condor residents in its list

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### Smoke-Free Apartments Trend Continues with Related Companies Nationwide Initiative



by Michael Cunningham on June 21, 2013



In a sure sign that the [property management trend of smoke-free apartments](#) is gaining serious momentum, [Related Companies](#) announced this week the launch of a portfolio-wide smoke free initiative for its more than 40,000 luxury, workforce, and affordable rental residences.

**Smoke-Free Apartments Initiative Supports Community Wellness & More**

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published Sunday, July 21st, 2013

## Chattanooga landlords move to ban smoking in rental units amid growing concerns of 'third hand' smoke

by Shelly Bradbury  
[view bio »](#)

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Phil McKenzie signed a yearlong lease but is moving out of his Chattanooga apartment four months early because he and his girlfriend just can't deal with the neighbors.

"People have been smoking in the other apartments and it seeps into our apartment," he said. "We've lived here for eight months but we just can't take it anymore." His girlfriend is asthmatic and also severely allergic to some types of smoke, he said. When complaints to management and even the police (not all the smoke was tobacco-based) didn't work, they decided they had to leave, McKenzie said.

They've already found another place to live -- and it's smoke-free.

"It's a deal breaker for us," McKenzie said.



photo 4

**Poll**  
Do smoking bans work?

- ☐ yes  
☐ no

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## Fresno apartments adopt smoke-free policy

Published on 07/01/2013 - 9:27 am  
Written by Business Journal Staff



1 Comment

Fresno's Sequoia Gardens, Villas Margaritas and Tower Court apartment complexes have voluntarily adopted a no-smoke policy recommended by the Fresno County Department of Public Health.

Concern is not just based on smokers, but on the health risk of secondhand smoke.

The department described the apartment managers adopting the policy as "public health champions."

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# HOW TO GO SMOKE FREE



# Potential Concerns

- **No constitutional right to smoke**
- **Smokers are NOT a protected class**
- **Nothing in local, state, federal law prevents it**



# Going Smoke Free: Next Steps

- Set a date to go smoke free
- Amend lease and set policies
- Notify existing tenants
- Install signage
- Notify incoming tenants
- Promote your smoke-free policy in your advertising



# Remember:

*As with the definition of “smoke-free housing”, there is no legal mandate regarding steps to be taken to make a unit “smoke-free.”*

*Honesty and transparency are key!*



# Suggested Steps to Turn a Unit Smoke-Free

- Wash walls and ceilings thoroughly with detergent and very hot water to remove as much nicotine and tar residue as possible.
- Repaint walls with two or three coats of paint. If walls are not thoroughly washed prior to repainting, nicotine stains can seep through even multiple layers of paint.
- Tear up carpeting and padding, and wash floors before replacing carpeting.



# Suggested Steps to Turn a Unit Smoke Free

- Replace curtains/blinds/window coverings to prevent off-gassing of smoke into the environment.
- Clean out ventilation ducts and replace filters. Heating and air conditioning systems recirculate stale smoke in the unit and throughout the building.





# Sample Signage



# RESOURCES



# Resources for Landlords and Owners



**Smoke-Free Homes** | x

www.louisvilleky.gov/HealthyHometown/TobaccoFreeLiving/HelpforLandlords.htm

Apps Suggested Sites Web Slice Gallery Imported From IE Imported From ... Canon USA - Yo... Other bookmarks

**LouisvilleKy.gov**

Residents Business Visitors Mayor Metro Council Departments Services Data & Maps

LouisvilleKy.gov Home >> Healthy Hometown

**Healthy Hometown**

Healthy Hometown

**Tobacco Free Living**

- Smoke-Free Homes Help for Landlords

**Features**

Mayor's STRATEGIC PLAN

LouieStat Performance Improvement

**LouisvilleKY.gov Links**

- Find Metro Departments
- Employment Opportunities
- How can we improve your city website?

**Smoke-Free Homes Help for Landlords**

As a landlord or property manager you may be wondering can you make your property smoke free and how do you go about doing that?

Tired of paying expenses like cleaning and refurbishing a smoker's unit? Going smoke free may help you see a reduction in maintenance and turnover costs. Smoking units often can require additional time and effort to repaint and replace carpets and drapes. By going smoke free you can reduce or eliminate these expenses altogether.

Here are some resources to help you implement a smoke-free policy.

[Going Smoke Free: Good for Business, Good for Health](#)

[What are my legal rights?](#)

[Common Myths and Facts](#) about smoke free housing.

[There is No Constitutional Right to Smoke](#)

[Sample Lease Addendum](#)

[Sample Tenant Survey](#)

[Sample Letter](#) to Inform Tenants of Lease and Rule Change

[Graphics and Signage](#)

**Other Helpful Resources:**

For a great video [click here](#).

[American Lung Association Smoke-free Housing Steps for Success](#)

[CDC: Healthy Homes Manual: Smoke-free Policies in Multiunit Housing](#)

Download the [Healthy Hometown Smoke Free Homes logo](#) and add it to your marketing materials.

**Support Smoke-Free Housing**

[Click here](#) or on image to watch a video.

**HEALTHY HOMETOWN SMOKE-FREE HOME**

**News and Trends**

[Smoke-Free Apartments Trend Continues with Related Companies Nationwide Initiative](#)

[Fresno apartments adopt smoke-free policy](#)

[Chattanooga landlords move to ban smoking in rental units amid growing concerns of 'third hand' smoke](#)

2:17 PM 10/1/2013

[www.louisvilleky.gov/healthyhometown](http://www.louisvilleky.gov/healthyhometown)



# QUESTIONS?



# Thank You!

**For more information or assistance with getting started on implementing a smoke-free policy contact:**

- **Cathy Hinko - Metropolitan Housing Coalition**

**Tel: (502) 584-6858**

**or**

- **Maddy Oritt - LMPHW Center for Health Equity**

**Tel: (502) 574-6646**

